

## Try Something New!

### Digital Workshops

When it comes to making healthy changes, it's important to educate yourself before diving in. Each workshop takes about 15 minutes. Simply select a topic area, read an article, watch a video and take a short quiz.

Log on to **wellmass.staywell.com** to get started today!

### Energy Matters Challenge

Join this fun weekly challenge to improve your quality of life by better managing your energy levels. Each weekly topic offers new information on how to energize your mind and body. More information will be posted in October 2016 and available at **www.mass.gov/gic/wellmass**.

### Eat the Alphabet Challenge

This weekly challenge will encourage you try fruit or veggies that starts with the letter of the day. Have it as part of a meal or as a snack, the choice is yours. Record what produce you tried using the Eat the Alphabet Tracker throughout the challenge. More information will be posted in February 2017 and available at **www.mass.gov/gic/wellmass**.

#### Start here:

**wellmass.staywell.com**

1. Create an account or sign in with an existing username and password.
2. Click on **Start your Health Questionnaire** to begin.



## The Power of One

choice

### Every journey begins with one step

And as small as that first step seems, within it is the momentum to take another. Join 7,000+ employees and take that important step toward better health so that — together — State employees can be as energetic, healthy, and happy as we can be.

### HelpLine Hours (Eastern Time)

Monday – Thursday	9 a.m. – 9 p.m.
Friday	9 a.m. – 7 p.m.
Saturday	9 a.m. – 2 p.m.



Commonwealth of Massachusetts  
Group Insurance Commission

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Log on today!  
**wellmass.staywell.com**



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Questions?  
Call **800-926-5455**

## The Power of One

choice

Your 2016 – 2017  
WellMASS Wellness Program



Commonwealth of Massachusetts  
Group Insurance Commission







Your health matters to us — that is why the Commonwealth partners with StayWell® to offer the WellMASS program to state employees. Supporting you and your well-being is the right thing to do for you, our colleagues and our families.

I hope you will consider taking advantage of this free benefit, offered through the Group Insurance Commission (GIC), its activities and resources to learn more about your own personal health and ways to improve it.

Go ahead and take this opportunity to start living a healthier lifestyle, today — the Commonwealth supports you.

### Your Privacy is Protected

Your protected health information (PHI) is never shared with the Group Insurance Commission (GIC), your agency, your health plan, or anyone else, except as described in the Privacy Statement, or with your written approval. PHI is collected by StayWell through the health questionnaire and other programs and services offered by StayWell. All PHI is protected by federal law and remains secure with StayWell, the WellMASS program administrator. More information about PHI and the protections we provide is available in our privacy statement, under My Account on the Portal. You may also call the StayWell HelpLine at 1-800-926-5455, for additional information.

*It's another great year to participate in WellMASS.*

### Step 1: Required Activity

Complete the StayWell Health Questionnaire by January, 31, 2017, to receive a \$40 gift card and receive 50 points. *The Health Questionnaire can be completed on mobile or tablet devices.*

### Step 2: Wellness Activity(s)

Participate in a variety of activities by June 30, 2017, and earn 25 – 50 points toward your 100 point goal to be eligible for various raffles. *You must complete the Health Questionnaire to be eligible for raffles.*

For more information, log in to <https://wellmass.staywell.com>.



Health Questionnaire (Required)	50 points	Complete Health Questionnaire
Wellness Activities	Points Earned Total Required Points: 100 (Aug. 1, 2016 – June 30, 2017)	Participant Requirements
Telephonic Health Coaching	50	Enroll and complete at least three phone coaching sessions with assigned StayWell health coach
Mail-Based Coaching	25	Complete six mailings and satisfaction survey
Self-Directed Coaching	25	Completion of four-week program
Group Coaching: Weight Management Series (February – May 2017)	25	Completion of six sessions of eight-week series
Digital Workshops	25	Completion of three out of five digital workshops
Energy Matters Challenge (October 2016)	25	Complete and submit three of four weekly trackers
Eat the Alphabet Challenge (March 2017)	25	Complete and submit 23 of 31 days

### ✓ Your Reward

Making your health a priority pays. Complete the Health Questionnaire and required activities of your choice to be rewarded.

#### Raffle #1: Drawing held December 2016

Complete the Health Questionnaire and earn 50 points by November 30, 2016, for your chance to win a \$200 gift card. Two winners will be drawn in December 2016.

#### Raffle #2: Drawing held quarterly

Complete the activities of your choice to earn 100 points by June 30, 2017, for your chance to win a Fitbit Charge HR. Five winners will be drawn quarterly.

The number of WellMASS participants is increasing all the time. Join your coworkers to get moving and work on your wellness goals.

Track your progress on <https://wellmass.staywell.com>.

